

Urinary System

The urinary system is the body's way to remove liquid waste. The urinary system is composed kidneys, ureters, a bladder and a urethra. The urinary tract keeps levels of electrolytes such as phosphorus and potassium stable. It also makes red blood cells and keeps blood cell.

Kidneys: The kidneys are two bean shaped organs around the size of a fist. They are located just below your ribs with one on each side of the spine. Every the kidneys filter around 145 quarts of blood to produce about 1-2 quarts of urine. They work all of the time.

Bladder: The bladder is located in-between the pelvic bones. It is a muscle that is shaped like a balloon. The bladder stores 1.5 quarts of urine until you can release it in a safe environment.

Ureters: They are thin tubes of muscles - with one on each side of bladder – they carry urine from the kidney to the bladder.

Urethra: This where the urine comes out

The diet affects the amount of urine produced. If you eat healthier food more urine will be produced than if you were unhealthy food.

Signs of Urinary Tract Infection

You may have an infection if you have any of these symptoms:

- You feel pain or burning when you urinate.
- You feel like you have to urinate often, but not much urine comes out when you do.
- You have pain in your lower belly.
- Your urine is cloudy, looks pink or red, or smells bad.
- You have pain on one side of your back under your ribs. This is where your kidneys are.
- You have fever and chills.
- You have nausea and vomiting.